



Focus on Learning Styles – Right and Left Brain

Each of you think and function in a particular matter. Knowing how your brain works and how you learn best can help you do better in school.

One way to divide thinkers is into right or left brainers. Let's see if you lean one way or the other. Read each sentence. **Circle the number if the sentence mostly sounds like you.** Don't circle the number if the sentence doesn't really sound like you.

1. I have no trouble making decisions.
2. I see the whole picture or problem instead of the details.
3. I follow written directions well.
4. I often think about many things at once instead of one at a time.
5. Without looking at a clock, I can usually tell how much time has gone by.
6. I can remember people's faces but not their names.
7. I solve problems step-by-step.
8. I look for ways that things are alike instead of ways they are different.
9. I would rather take a true/false, multiple choice test rather than an essay test.
10. I like to use my imagination.
11. If I have a problem to solve, I like to break it down into parts.
12. I learn better if I can watch a demonstration or read the directions.
13. I like to be in control of situations and don't take many risks.
14. I like assignments that don't tell me exactly what to do.
15. I learn best by seeing and hearing.
16. I learn best by touching or doing.
17. I think of things in patterns.
18. If I am trying to remember something, I picture it in my mind.
19. I usually can control my emotions.
20. I don't mind trying anything once.
21. Sometimes I talk to myself in order to think or learn something.
22. I am considered somewhat emotional.
23. I solve problems by thinking instead of using my gut instinct.
24. People have told me that I am creative.
25. I prefer to think of one thing at a time.
26. I like to just do something instead of planning it.
27. I like to know what is going to happen ahead of time.
28. I can easily remember melodies and tunes.
29. I am usually in control of my feelings.
30. I can learn with maps and shapes.
31. I can recall information quickly and easily.
32. I enjoy reading; it comes to me easily.
33. I can really concentrate when I want to.
34. When I work in a group, I can "feel" the mood of others.

35. I am good at math.
36. I like one thing to logically lead to another.
37. I can learn new words easily.
38. If I plan a party, I don't worry about all of the details.
39. I usually can learn from any teacher.
40. In class, I'm generally aware of what everyone is doing.
41. I notice and remember details.
42. I can see a picture on a puzzle which only a few pieces in place.
43. I don't mind practicing something repeatedly.
44. I communicate best with someone "in person" rather than on the phone.
45. I can remember jokes.
46. I have trouble concentrating when I know I should be.
47. I can write directions in a clear way.
48. I usually rely on my feelings when making decisions.
49. I basically have a day-to-day routine.
50. I usually can remember things by where I saw it on a page.

Number of even numbers (2, 4, 6, 8, etc.) circled: _____

Number of odd numbers (1, 3, 5, 7, etc.) circled: _____

- If you have more **even** numbers circled, you're probably more RIGHT BRAINED
- If you have more **odd** numbers circled, you're probably more LEFT BRAINED.
- The closer the 2 numbers are, the more you use both side equally.



Focus on Learning Styles – Auditory, Visual, Kinesthetic

Read each question or statement and circle the answer that applies to you. Some will be difficult to answer, but try to respond according to how you would react most often.

- _____ 1. You usually remember more from a class lecture when:
 - a. you do not take notes but listen very closely
 - b. you sit near the front of the room and watch the teacher
 - c. you take notes

- _____ 2. You usually solve problems by:
 - a. talking to yourself or a friend
 - b. using an organized, systematic approach with lists, schedules, etc.
 - c. walking, pacing or some other physical activity

- _____ 3. You remember phone numbers (when you can't write them down) by:
 - a. repeating the numbers out loud
 - b. "seeing" or "visualizing" the numbers in your mind
 - c. "writing" the numbers with your finger on a table or wall

- _____ 4. You find it easiest to learn something new by:
 - a. listening to someone explain how to do it
 - b. watching a demonstration of how to do it
 - c. trying it yourself

- _____ 5. You remember most clearly from a movie:
 - a. what the characters said, background noises and music
 - b. the setting, scenery and costumes
 - c. the feelings you experienced during the movie.

- _____ 6. When you go to the store to get your school supplies, you:
 - a. silently or out loud repeat the list
 - b. walk up and down the aisles to see what you need
 - c. usually remember what you need from the list you left at home

- _____ 7. You are trying to remember something and so you:
 - a. hear in your mind what was said or the noises that occurred
 - b. try to see it happen in your mind
 - c. feel the way "it" reacted with your emotions

- _____ 8. You learn a foreign language best by:
- a. listening to it on tapes or hearing it spoken
 - b. writing the words out
 - c. attending a class in which you read and write
- _____ 9. You are confused about the correct spelling of a word and so you:
- a. sound it out
 - b. try to see the word in your mind
 - c. write the word different ways and choose the one that looks right
- _____ 10. You enjoy reading most when you can read:
- a. dialogue between characters
 - b. descriptive passages that allow you to create mental pictures
 - c. stories with a lot of action in the beginning (because you have a hard time sitting still)
- _____ 11. You usually remember people you have met by their:
- a. names (you forget faces)
 - b. faces (you forget names)
 - c. mannerisms, motions, the way they move, etc.
- _____ 12. You are distracted most by:
- a. noises
 - b. people
 - c. environment (temperature, comfort of furniture, etc.)
- _____ 13. You usually dress:
- a. fairly well (but clothes are not very important to you)
 - b. neatly (in a particular way)
 - c. comfortably (so you can move easily)
- _____ 14. You can't do anything physical and you can't read, so you choose to:
- a. talk with a friend
 - b. watch TV or look out a window
 - c. move slightly in our chair or bed

Scoring

Count the total number of responses for each letter and write them below. Notice if one category is higher or lower or if any two are close in number.

- a. _____ auditory (learn best by hearing)
- b. _____ visual (learn best by seeing)
- c. _____ kinesthetic (learn best by touching, doing, moving)

Characteristics of ...

Left Brain Dominance

Sequential (you like things in logical order)
Intellectual (uses brain first)
Structured and well planned out

You control your feelings
Analytical

Remembers names
Solves problems by breaking them apart
Time oriented

Prefers to write and talk
Follows spoken directions

Talks to think and learn
Prefers T/F, multiple choice and matching tests
Takes few risks
Looks for the differences

Thinks mathematically
Thinks concretely
Thinks of one thing at a time

Right Brain Dominance

Holistic (you look at the whole picture)
Intuitive (uses emotions first)
Spontaneous (don't like to schedule things)
Lets feelings go
Creative

Remembers faces
Solves problems by looking at the whole
Space oriented

Prefers to draw and touch objects
Follows written or demonstrated directions
Pictures things to think and learn
Prefers essay tests

Takes more risks
Looks for similar qualities

Musical abilities
Emotional
Thinks of lots of things at a time



VISUAL

Observes rather than talks
Usually a good speller
Likes to read
Memorizes by seeing graphics or pictures
Remembers faces
Doodles on paper
Notices details
Verbal instructions difficult
Organized



AUDITORY

Enjoys talking
Easily distracted
Likes to be read to
Has difficulty with written directions
Enjoys music
Remembers faces
Hums or sings
Easily distracted by noises
Enjoys listening activities



KINESTHETIC

In motion most of the time
Taps pencil or foot
Enjoys doing activities
Likes to touch people when talking to them
Poor speller
Reading is not a priority
Will try new things
Uses hands when talking
Enjoys handling objects

Suggested Ways to Study for Each Type of Learner:

VISUAL	AUDITORY	KINESTHETIC
Form pictures in your mind	Use tapes or recordings	Walk/pace as you study
Take notes	Listen to speakers	Physically do things
Use cue words	Make up rhymes/poems	Breath slowly
Use notebooks	Read aloud	Exercise
Use color codes	Talk to yourself	Write
Use study cards	Repeat things	Write lists
Use charts, graphs and maps	Have discussions	Write on surfaces with finger
Demonstrate	Listen carefully	Stretch/ move in chair
Use drawings	Sound out words	

Summary of your learning style:

I use the _____ side(s) of my brain and I am a _____ learner.

These things will be easier to do in school because of my learning style:

These things will I will need to pay close attention to because of my learning style:
